



## *How to keep your heart healthy*

*Presented by*  
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# Agenda



- Understanding Heart Health
- Avoiding Harmful Habits
- Healthy Diet for a Healthy Heart
- Regular Health Check-Ups
- Physical Activity
- Q&A Session



- Hypertension affects 1 in 3 adult works wide.
- WHO report , 4 out of every 5 people with hypertension are not adequately treated.
- If countries can scale up coverage , 76 million deaths could be averted between 2023 and 2050.

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# Risk factor for cardiovascular disease

- Behavioral factors : high sodium intake , tobacco smoking , high alcohol consumption and insufficient physical activity.
- Environmental factor : air pollution.



- Metabolic factors : high blood pressure ( Hypertension ) , high fasting plasma glucose , high body-mass index , high level of low-density lipoprotein ( LDL ) cholesterol and diabetes.
- Other factor : family history.

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***Healthy Diet for a Healthy Heart***



# My Heart-Healthy Plate

Drink mostly water or other calorie-free beverages, such as coffee or tea. Avoid sugary drinks.



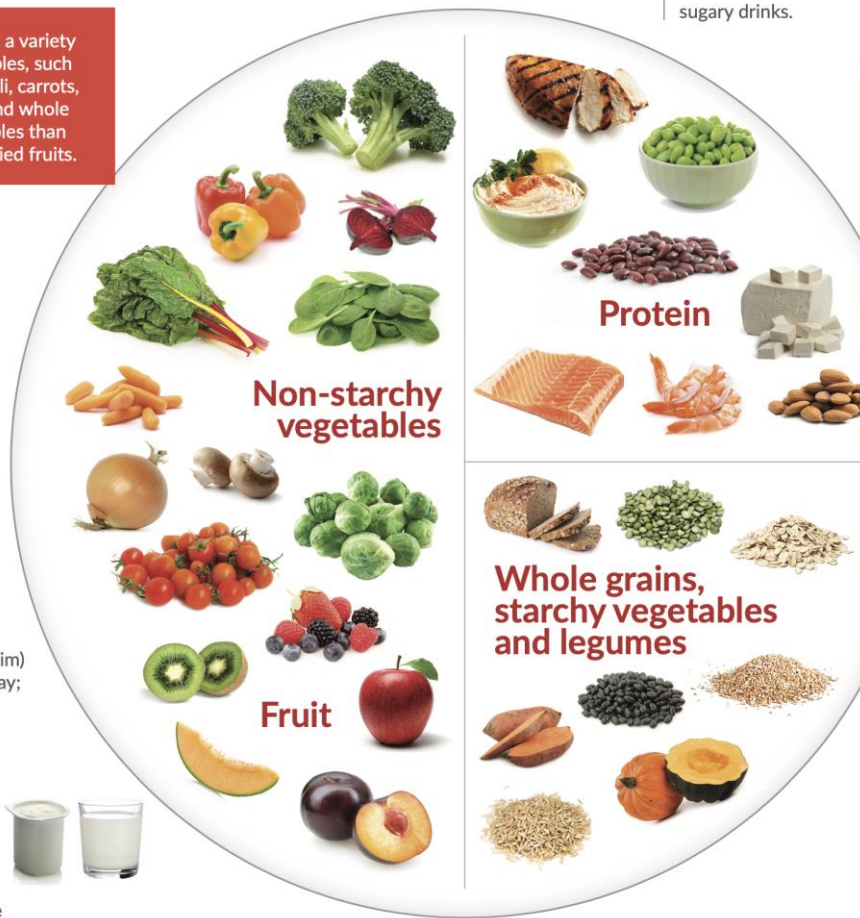
Fill half your plate with a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage, and whole fruit. Eat more vegetables than fruit. Limit juice and dried fruits.

Choose small amounts of healthy oils (such as olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados also contain healthy fats. Limit or avoid butter, lard, tropical oils (coconut, palm), and stick margarine.



Choose one to three servings of non-fat (skim) milk or yogurt every day; non-dairy alternatives such as soy, rice, or almond milk are fine. A serving is 8 oz.

Choose yogurt with less than 15 grams of sugar per serving.



Fill a quarter of your plate with protein sources such as fish, skinless poultry, beans, lentils, nuts and tofu. Limit red meat and cheese; avoid processed meats such as cold cuts and bacon.

Fill a quarter of your plate with whole grains, such as brown rice, whole-wheat pasta, barley, quinoa, oats or whole-wheat bread, or other healthy starches including sweet potatoes, acorn squash, beans or lentils. Limit white bread, white rice, and fried potatoes.



# Healthy snack ideas



1 cup nonfat  
plain yogurt



$\frac{1}{2}$  cup  
blueberries

OR



$\frac{1}{4}$  cup  
(small handful) of  
unsalted nuts

OR



$\frac{1}{4}$  cup hummus



Vegetables —  
like carrots,  
sugar snap peas,  
and bell peppers



**Avoid empty calories** from processed foods, which usually contain harmful fats (saturated and trans), added sugars, refined grains (like white flour and white pasta) and sodium.



**Reduce your intake of foods and drinks with added sugar.** Limit added sugar to 6 teaspoons (24 grams) a day for women and 9 teaspoons (36 grams) a day for men. 1 teaspoon = 4 grams of sugar.

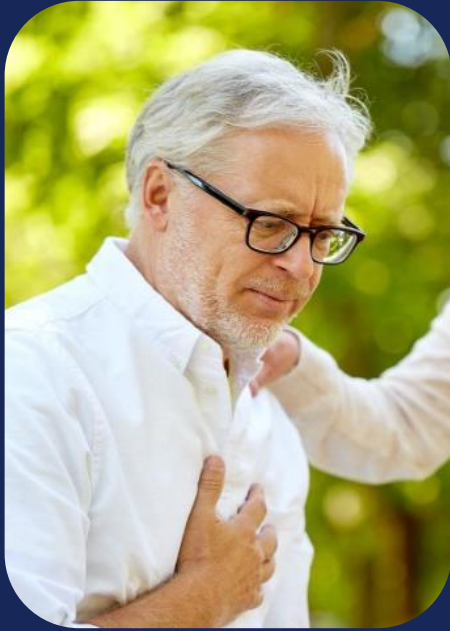


**Light alcohol intake** provides some benefit to heart health, but too much may lead to weight gain and raise blood pressure and triglycerides. One drink = 5 oz. wine (125 calories), 12 oz. beer (150 calories) or 1 1/2 oz. liquor (100 calories). Cocktails with juice or soda have higher calories.



**Cut back on sodium** (salt). More than 75% of the sodium in our diet comes from processed and restaurant foods – not the salt shaker.

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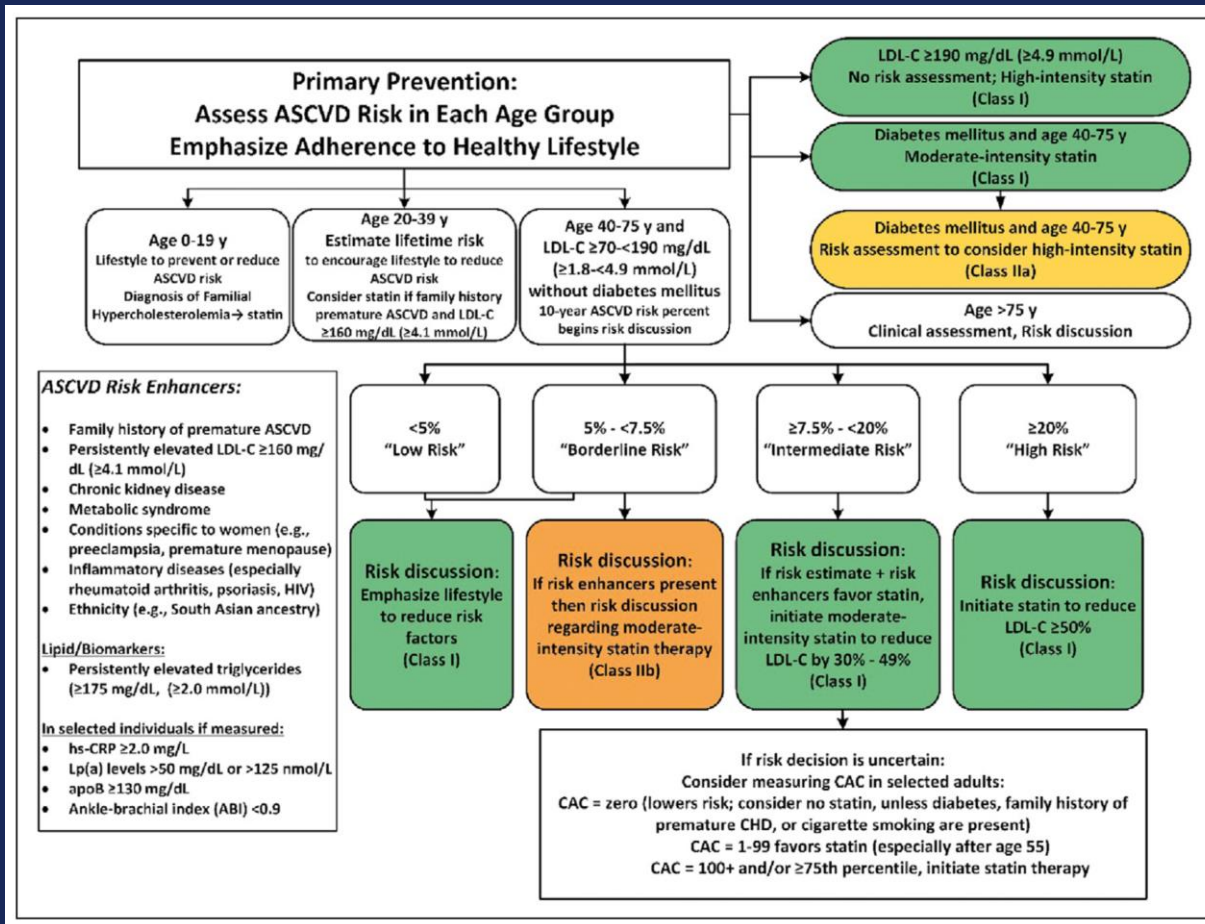
# *Regular health check up*

- EKG
- Chest x-ray
- Blood test : CBC , FBS , HBA1C , CHOL , TG , HDL , LDL , Creatinine
- Other : EST , Echocardiogram , CT coronary calcium score , cancer screening.

# Regular health check up

Other test in Diabetes Mellitus and Hypertension :

- UACR
- Eye & Feet examination
- ABI





## Calcium Score: Presence of Plaque



**0**  
NO EVIDENCE  
OF PLAQUE



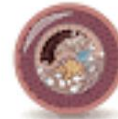
**1-10**  
MINIMAL  
CORONARY ARTERY  
PLAQUE



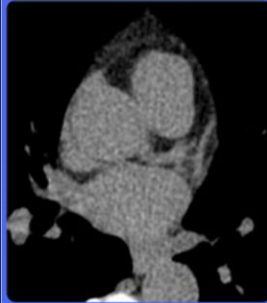
**11-100**  
MILD  
CORONARY ARTERY  
PLAQUE



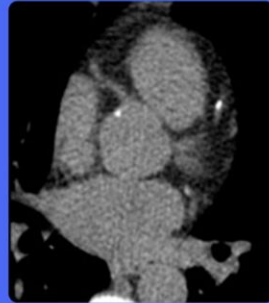
**101-400**  
MODERATE  
CORONARY ARTERY  
PLAQUE



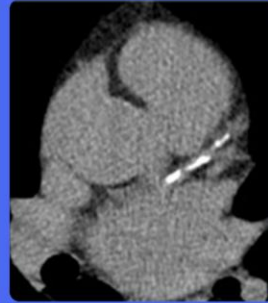
**OVER 400**  
EXTENSIVE  
CORONARY ARTERY  
PLAQUE



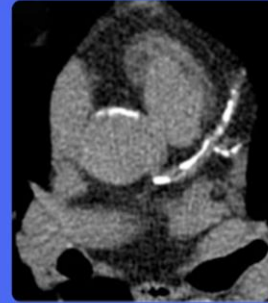
**0**  
No calcium  
is detected



**1-100**  
Mildly increased  
risk of  
heart disease



**101-299**  
Moderately  
increased risk  
of heart disease



**300+**  
Moderately to  
severely  
increased risk  
of heart disease

# Heart Preventive Clinic

โรงพยาบาลกรุงเทพพญา ตระหนักถึงความสำคัญของการส่งเสริมการดูแลสุขภาพและ **ป้องกันก่อนเกิดโรค** เพื่อรู้ทันร่างกาย โดยเฉพาะโรคหัวใจ จึงเป็น **concept Preventive Clinic** เพื่อป้องกันคนไม่ป่วย ไม่ให้ป่วย กับการให้บริการดูแลหัวใจแบบองค์รวมตั้งแต่การค้นหาปัจจัยเสี่ยงของโรคหลอดเลือดหัวใจ โดยมีเป้าหมายคือการป้องกันเชิงรุกไม่ให้เส้นเลือดหัวใจและหลอดเลือดร่างกายเสื่อมสภาพ ตลอดจนวินิจฉัยโรคหัวใจในระยะเริ่มต้นและให้การรักษาตามมาตรฐาน รวมถึงการฟื้นฟูสมรรถภาพหัวใจเพื่อการมีสุขภาพหัวใจที่แข็งแรง

## แนวทางการดูแล

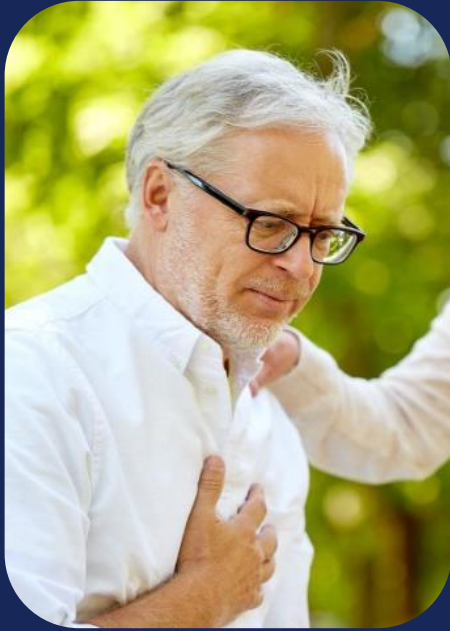
1. ASCVD risk ประเมินผู้ที่มีความเสี่ยงสูงและป้องกันก่อนที่จะเกิดโรคหลอดเลือดหัวใจในอนาคต
2. ลดความเสี่ยงและป้องกันการเกิดภาวะแทรกซ้อนจากโรคหลอดเลือดหัวใจ
3. การดูแลติดตามอาการต่อเนื่อง และให้ความรู้แบบองค์รวมจากทีมสหสาขา

## *ทีมผู้ดูแลประกอบด้วย*

- *อายุรแพทย์ศูนย์หัวใจ*
- *พยาบาลศูนย์หัวใจ*
- *นักกำหนดอาหาร*
- *เภสัชกร*
- *นักกายภาพบำบัด*

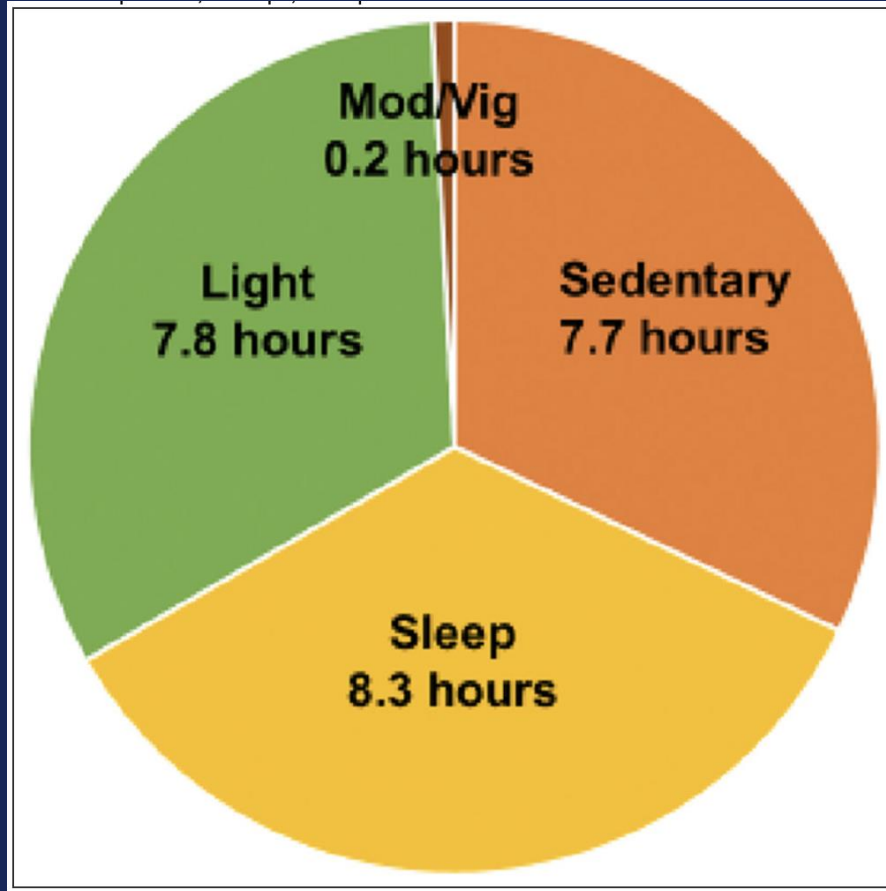


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# Different Intensities of Physical Activity



# CHAIR YOGA

## THE BENEFITS OF CHAIR YOGA:

*Low-impact on joints*

*Improves flexibility*

*Reduces stress*

*Helps manage pain*



*Improves circulation*

*Prevents depression  
and anxiety*

*Improves balance*

*Helps lower  
blood pressure*

## OVERHEAD STRETCH



### MUSCLES STRETCHED

- *Deltoids*
- *Obliques*
- *Latissimus Dorsi*

### HEALTH BENEFITS

- *Improves posture*
- *Alleviates breathing difficulties*
- *Strengthens abdominal muscles*



## NECK STRETCH

### MUSCLES STRETCHED

- *Trapezius*
- *Scalenus Medius*
- *Levator Scapulae*
- *Sternocleidomastoid*

### HEALTH BENEFITS

- *Relieves stress*
- *Eases neck pain*
- *Helps the entire  
body relax*



## CHAIR WARRIOR



### MUSCLES STRETCHED

- *Spine*
- *Triceps*
- *Deltoids*
- *Trapezius*
- *Latissimus Dorsi*
- *Abdominal Muscle*

### HEALTH BENEFITS

- *Enhances posture*
- *Relieves stress and calms the mind*

## EAGLE ARMS

### MUSCLES STRETCHED

- *Arms*
- *Deltoids*
- *Rotator Cuff  
Muscles*

### HEALTH BENEFITS

- *Increases focus*
- *Improves arm  
circulation*
- *Helps with  
digestion and  
elimination*



## CAT-COW STRETCH

### MUSCLES STRETCHED

- *Hips*
- *Spine*
- *Abdomen*
- *Shoulders*

### HEALTH BENEFITS

- *Relieves stress*
- *Offers more flexibility in the spine*
- *Stimulates and strengthens abdominal organs*



# Q&A



Thank you  
for your attention